

Visualizing and Predicting Heart Diseases with an Interactive Dashboard

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Maximum Heart Rate In Existing Heart Disease By Exercise Angina

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- What kind of exercise is best for you? Ask your doctor. Do you have permission to work out your heart? Can you perform more moderate or high intensity exercises instead of low intensity ones?

- Find out from your doctor which symptoms and indicators are dangerous. What should you do, for instance, if you have chest pain when using a treadmill to walk?

Tracking Heart Rate : When you exercise while having angina, tracking your heart rate may be helpful. You may be able to gauge how hard your heart is working from it.

- Get yourself a heart-rate monitor. Although you have the option of buying a wristband or watch monitor, a chest strap monitor is recommended. The most precise are these.
- Following a diagnosis of angina, it is often advised to start an activity regimen with low-intensity exercises that keep your heart rate at about 50% of your maximal heart rate.
- Subtract your age from 220 to determine your maximum heart rate. If you're 60 years old, for instance, your maximum heart rate is 160 beats per minute.
- Keep your heart rate at exactly 50% while exercising, according to your heart rate monitor. In this scenario, you should strive for a heart rate of about 80 beats per minute.
- You can gradually improve your aerobic endurance and raise your heart rate to 60 or 70% of your maximum if your doctor gives the all-clear. Don't, however, try to exercise at your maximum heart rate.

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